

PLANNING COURS 2019

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
	07:00 - 07:45 (S2) YOGALATES (Amina)		07:00 - 07:45 (S2) FIT MIX (Amina)			
08:30 - 09:15 (S2) (S1) JUMPING / MIX BALL (Samira)	08:30 - 10:00 BIKE (Svitlana)	08:30 - 09:15 (S1) POWER BALANCE (Fatiha)	08:30 - 10:00 (S2) JUMPING FIT (Svitlana)	08:30 - 09:15 (S1) BOOT CAMP (Fatiha)		
09:30 - 10:15 (S1) R.M.G (Samira)		09:30 - 10:15 (S1) BODY ART (Samira)		09:30 - 10:15 (S1) BALANCE PILATES (Samira)	09:00 - 09:45 (S2) POWER PUMP (Svitlana)	
10:30 - 11:15 (S1) RELAX FOR HAPPINESS (Samira)		10:30 - 11:15 (S1) RELAXING YOGA (Samira)		10:30 - 11:15 (S1) ANTI STRESS STRETCH (Samira)	10:00 - 10:45 (S2) AERODANCE (Mounir)	
					11:00 - 12:00 (S1) BOB ZEN	10:00 - 11:00 (S1) ZUMBA - DANSE ORIENTALE (Zineb)
					11:00 - 11:45 (S2) STEP AVANCE (Mounir)	11:00 - 12:00 (S2) FIT CHALLENGE (Ali)
12:45 - 14:00 (S2) JUMPING FIT (Svitlana)	13:30 - 14:00 (S2) T.B.C (Svitlana)	13:00 - 13:45 (S2) CROSS TRAINING (Ahmed)	13:30 - 14:00 (S2) FIT MIX (Svitlana)		12:00 - 12:45 (S2) JUMPING (Svitlana)	
		16:00 - 16:45 (S1) FIT MIX (Svitlana)		16:00 - 16:45 (S1) BODY ART (Amina)		
16:00 - 16:45 (S1) GYM DANCE (Zineb)		17:00 - 17:45 (S1) ZUMBA FIT (Zineb)		17:00 - 17:45 (S2) JUMPING (Svitlana)		
17:00 - 17:45 (S1) T.B.C (Amina)	17:00 - 17:45 (S2) BOB ZEN	17:00 - 17:45 (S2) STEP DEBUTANT (Nabil)	17:00 - 17:45 (S2) BOB BARRE	17:00 - 17:45 (S1) DANSE ORIENTALE (Zineb)		
18:00 - 18:45 (S2) CROSS CONCEPT (Ali)	18:00 - 18:45 (S2) LIA DANCE / STEP (Nabil)	18:00 - 18:45 (S2) K.ONE FIT (Younes)	18:00 - 18:45 (S2) AERODANCE / STEP (Mustapha)	18:00 - 18:45 (S2) FIT COMBAT (Younes)		
18:00 - 18:45 (S1) AFRICAN DANCE (Zineb)	18:00 - 18:45 (S1) YOGALATES (Fatiha)	18:00 - 18:45 (S1) FIT MIX (Amina)	18:00 - 18:45 (S1) CROSS FIT (Abdou)	18:00 - 18:45 (S1) POWER PUMP (Svitlana)		
19:00 - 19:45 (S2) FIT COMBAT (Younes)	19:00 - 19:45 (S2) POWER BALANCE (Younes)	19:00 - 19:45 (S2) JUMPING (Ali)	19:00 - 19:45 (S2) POUND MUSFIT (Mustapha)	19:00 - 20:00 (S1) ZUMBA FIT (Zineb)		
19:00 - 20:00 (S1) RELAXATION BIEN ETRE (Amina)	19:00 - 20:00 (S1) ZUMBA (Nabil)	19:00 - 20:00 (S1) DANSE ORIENTALE (Zineb)	19:00 - 20:00 (S1) ASHTANGA / VINYASA YOGA (Nadia)	19:00 - 20:30 (S2) YOGA (Nadia)		
20:00 - 21:00 (S2) FIT CHALLENGE (Abdou)	20:00 - 21:00 (S2) JUMPING (Mohamed)	20:00 - 21:00 (S2) FIT CHALLENGE (Ali)	20:00 - 21:00 (S2) CROSS TRAINING (Ahmed)			

100% FEMMES

100% MIXTE

Clubmoving

Bouger, c'est vivre !